

All African Championships 2025	Solos		Duos	Couples	Trios	Small Team	Large team	Showcases
All disciplines in following Age groups; Juveniles, Juniors, Youth, Adults, Masters,								
International 10-dance Latin				X				
International 10-dance Ballroom				X				
Student Teacher Latin 5-dance				X				
Student Teacher Ballroom 5-dance				X				
All disciplines in following Age groups; Mini kids, Juveniles, Juniors, Youth & Adults, Masters								
Artistic Dance Show	X		X		X	X +Mix ages	X+Mix ages	X +Mix ages
Jazz dance	X		X		X	X +Mix ages	X+Mix ages	X +Mix ages
Improvised Jazz dance	X							
Contemporary	X		X		X	X +Mix ages	X+Mix ages	X +Mix ages
Improvised Contemporary dance	X							
Urban Street dance	X		X		X	X +Mix ages	X+Mix ages	X +Mix ages
Urban Pop/Disco dance	X		X		X	X +Mix ages	X+Mix ages	X +Mix ages
Acrobatic Dance Show	X		X		X	X +Mix ages	X+Mix ages	X +Mix ages

World Cups	Solos		Duos	Couples	Trios	Small Team	Large team	Showcase
All disciplines in following Age groups; Mini kids, Juveniles, Juniors, Youth & Adults, Masters,								
Artistic One Dance Cha-Cha-Cha	X		X	X				
Artistic One Dance Samba	X		X	X				
Artistic One Dance Rumba	X		X	X				
Artistic One Dance Jive	X		X	X				

Artistic One Dance Paso Doble	X		X	X				
Artistic One Dance Waltz	X		X	X				
Artistic One Dance Tango	X		X	X				
Artistic One Dance Slowfox	X		X	X				
Artistic One Dance Viennese Waltz	X		X	X				
Artistic One Dance Quickstep	X		X	X				
Artistic One Dance Salsa	X		X	X				
Artistic One Dance Bachata	X		X	X				
Artistic One Dance Merengue	X		X	X				
All disciplines in following Age groups: Mini kids, Juveniles, Juniors, Youth& Adults, Masters								
Choreographed Dance Show Latin	x		x	x	X	X +Mix ages	X +Mix ages	X +Mix ages
Choreographed Dance Show Smooth	x		x	x	X	X +Mix ages	X +Mix ages	X +Mix ages
Choreographed Dance Show Caribbean	x		x	x	X	X +Mix ages	X +Mix ages	X +Mix ages
Synchronised Dance Show Latin			x	x	X	X +Mix ages	X +Mix ages	X +Mix ages
Synchronised Dance Show Smooth			x	x	X	X +Mix ages	X +Mix ages	X +Mix ages
Synchronised Dance Show Caribbean			x	x	X	X +Mix ages	X +Mix ages	X +Mix ages